



A machine gun team with the 1-27th Inf. Regt. secures an objective at Area X-ray on Schofield Barracks, Oct. 31. Lightning Forge 17 will prepare Soldiers with the 2nd BCT for future operations and will develop combat readiness.

# Lightning Forge 17 tests Warrior Brigade’s abilities

Story and photos by  
**SGT. IAN MORALES**  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — During Lightning Forge 17, units from 2nd Brigade Combat Team (2BCT) field-tested their equipment and tactics by participating in a home station culminating training event that prepares Soldiers, their unit and their families for future deployments and combat readiness.

The exercise validates the Warrior Brigade’s company and troop commanders’ ability to deploy, fight and win in any combat environment.

Col. Anthony Lugo, 2BCT commander, said he was pleased with the morale of the troops and expects to see the same enthusiasm during an actual deployment.

“Lightning Forge allows us to train our staff and commanders how to operate in a complex environment,” Lugo said. “After the exercise is over, Soldiers of the Warrior Brigade will have an opportunity to decompress from three to four months of rigorous training and spend time with their families and friends prior to heading out to the Joint Readiness Training Center.”

Adapting to the ever-changing battle-



Soldiers of the 1-27th Inf. Regt., 2nd BCT, conduct squad level drills during Lightning Forge 17 at Schofield Barracks. It’s a home-station culminating training event that will prepare Soldiers with the 2nd BCT, their unit and their families for future operations.

field, Soldiers of the 1-27th Infantry Regiment conducted squad level exercises that included a simulated chemical attack, which required the Soldiers to don their protective masks and then continue

to fight the enemy.

One situation demonstrated 1-21st Inf. Regt.’s ability to quickly seize and hold an objective at Kahuku Training Area by attacking a strategic town and clearing it of

hostile forces.

“I have learned the complexities involved with assaulting and seizing a fortified compound held by a trained combined arms enemy force,” said Spc. Tyler Parker, an infantryman with the 1-21st Inf. Regt. “We also had to remain flexible. For example, all levels of leadership in the platoon had to perform a ‘one-up’ drill when the platoon sergeant and platoon leader were taken out of action during the assault.”

The entire exercise required the full spectrum of combat units and their cohesion during multi-phased scenarios. This included the use of different weapons systems and tactics to solve mission challenges presented to the troops, sometimes without warning.

“Lightning Forge is one of the most demanding home station training exercises,” said Lt. Col. Jabari Miller, 2-14th Cavalry commander. “It stresses all the warfighting functions and has diversified terrain. It is realistic training.”

The exercise supports the 25th Inf. Div.’s mission to conduct continuous persistent engagement with its regional partners to shape the environment and conflict across the Pacific operational environment.

# Hawaii Army National Guard gets new Black Hawks

Story and photos by  
**TECH. SGT. ANDREW JACKSON**  
State of Hawaii, Department of Defense  
Public Affairs

KALAELOA — The Hawaii Army National Guard’s newest unit has received three HH-60M Black Hawk helicopters.

The Black Hawks were offloaded from a C-17 at the airfield, here, Oct. 28.

They will be assembled on-site and operate out of Wheeler Army Airfield until their new facility at Kalaeloa is completed.

Detachment 1, Company G, 1st Battalion, 189th Aviation Regiment is an aeromedical evacuation unit, and it’s in the process of filling its ranks. The detachment’s mission is to provide MEDEVAC support to military entities.

The unit has about 30 Soldiers, mostly drill status or part-time forces. The unit will not provide full-time support to civil authorities, but when fully staffed, it may supplement.

This unit is one of the most requested types of units to deploy, with their specialty of MEDEVAC being in high demand abroad.

The new Black Hawk models have a couple of features that differentiate them from the HIARNG’s current UH-60M Black Hawks. These HH-60M have an external hoist, a Forward Looking Infrared Radar (FLIR) and the capability to carry six litter patients or six ambulatory (or three of each patients) within its MEDEVAC cabin configuration. The four-person crew is made up of two pilots, one crew chief and one flight medic.

It will initially operate from WAAF, Army Aviation Support Facility #1, until administrative requirements are completed. The new unit will then operate from the nearly completed Army Aviation Support Facility located at Kalaeloa.

The Kalaeloa AASF costs \$32.6 million and is being built by Watts Constructors, LLC. The estimated completion date is November 2016.

The Kalaeloa AASF will encompass al-



Below — Aircrew members from the Tennessee Air National Guard and Hawaii Army National Guard offload the first of three HH-60M Black Hawk helicopters from a C-17 at Kalaeloa Airfield.

most 67,000 square feet and will have a large hangar to support aircraft, as well as an administrative area for classrooms, restrooms, conference rooms and offices.

**Right — Aircrew members from the Tennessee Air National Guard and Hawaii Army National Guard offload the first of three HH-60M Black Hawk helicopters from a C-17 at Kalaeloa Airfield. The HH-60M Black Hawks are being assembled on-site and will operate out of Wheeler Army Airfield until the 189th Aviation Regiment’s facilities are completed.**

**Video**

See video of the HH-60M offloading at <https://www.dropbox.com/s/6gmw4jq848ogvti/161026-Z-IX631-broll-h-264-10MPS.mov?dl=0>.







The HAW is an authorized newspaper, produced in the interest of the U.S. Army community in Hawaii by the U.S. Army-Garrison Hawaii Public Affairs Office. Contents of the HAW are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising herein, including inserts and supplements, does not constitute endorsement by the Dept. of the Army, or the Honolulu Star-Advertiser, of the firms, products or services advertised.

**Commander, U.S. Army Garrison-Hawaii**  
Col. Stephen E. Dawson  
**Garrison Command Sergeant Major**  
CSM Lisa C. Piette-Edwards  
**Director, Public Affairs**  
Dennis C. Drake  
656-3154  
**Chief, Internal Communication**  
Aiko Rose Brum, 656-3155  
editor@hawaiiarmyweekly.com  
**Pau Hana Editor**  
Jack Wiers 656-3157  
community@hawaiiarmyweekly.com  
**Staff Writer and Photo Editor**  
Christine Cabalo 656-3150  
reporter@hawaiiarmyweekly.com  
**Layout**  
Kristen Wong  
**Advertising:** 529-4700  
**Classifieds:** 521-9111  
**Address:**  
Public Affairs Office  
745 Wright Ave., WAAF Building 107, 2nd Floor  
Schofield Barracks, HI 96857-5000  
**Website:**  
www.hawaiiarmyweekly.com  
**Nondelivery or distribution**  
656-3155 or 656-3488

Contributing Commands  
**U.S. Army-Pacific**  
Russell Dodson, 438-2662  
**25th Infantry Division**  
LTC Robert Phillips  
655-6343  
**2nd Brigade Combat Team**  
MAJ Karen Roxberry  
655-9526  
**3rd Brigade Combat Team**  
CPT Ramee L. Opperude  
655-1083  
**25th Combat Aviation Brigade**  
CPT Heba Bullock  
656-6663  
**8th Theater Sustainment Command**  
MAJ Lindsey Elder  
438-0944  
**311th Signal Command (Theater)**  
CPT Liana Kim, 787-4095  
**94th Army Air & Missile Defense Command**  
SFC Claudio Tejada Valerio  
448-1556  
**9th Mission Support Command**  
CPT Liana Kim  
438-1600 ext. 3114  
**18th Medical Command (Deployment Support)**  
SFC John D. Brown, 437-4737  
**Tripler Army Medical Center**  
James Guzior, 433-2809  
**U.S. Army Corps of Engineers-Honolulu District**  
Dino Buchanan, 835-4003  
**500th Military Intelligence Brigade**  
SFC Thomas Collins  
437-6819  
**599th Transportation Brigade**  
Donna Klapakis, 656-6420  
**USAG-Pohakuloa**  
Eric Hamilton, 808-969-2402

# 3 hours may be available for voting

Generally, the U.S. Office of Personnel Management (OPM) has advised agencies that where the polls are not open at least three hours either before or after an employee's regular work hours, an agency may grant a limited amount of excused absence to permit the employee to report for work three hours after the polls open or leave from work three hours before the polls close, whichever requires the lesser amount of time off.

An employee's "regular work hours" should be determined by reference to the time of day the employee normally arrives at and departs from work.

For example, if an employee is scheduled to work from 8 a.m. to 4:30 p.m. and the employee's polling place is open from 7 a.m.



Courtesy photo

to 8 p.m., the employee should not be granted excused absence for voting, since the employee would still have at least 3 hours after the end of his or her work-day to vote.

However, if an employee is scheduled to work from 8 a.m. to 4:30 p.m., and the employee's polling place is open from 7 a.m. to 7 p.m., the employee may be granted ½ hour of excused absence from 4 to 4:30 p.m., if requested.

quested.

Employees on Alternative Work Schedules whose regular day off is scheduled for the day polls are open should not be permitted to change their regular day off solely for the purpose of gaining excused absence for voting.

## Early voting

An increasing number of jurisdictions offer a period prior to the day of the election during which voters may cast ballots early.

Some employees may find it necessary to vote during this early period because of work requirements on the day of the election. Others, such as those on Alternative Work Schedules, may find it convenient to vote during

these early voting periods.

Agencies should grant excused absence for early voting only when (1) the employee will be unable to vote on the day of the election because of activities directly related to the agency's mission (such as Temporary Duty or TDY travel) and cannot vote by absentee ballot, or (2) early voting hours are the same as, or exceed, voting hours on the day of the election, in which case the information provided under "Granting Excused Absence for Voting" applies.

If an employee chooses to vote earlier, but the hours in which polling places are open are shorter than on Election Day, the employee is not eligible for excused absence because the employee has opted to vote at that time.

## CAB PHASE 2



Photo by Dino W. Buchanan, U.S. Army Corps of Engineers-Honolulu District Public Affairs

**WHEELER ARMY AIRFIELD — CAB Phase 2 Project Engineer Arnold Gelacio (front, right) briefs leaders on the new airfield fuel system and piping configuration as Honolulu District Commander Lt. Col. James D. Hoyman (third from right) listens.**

**U.S. Army Garrison-Hawaii Commander Col. Stephen E. Dawson (second from left) and USAG-HI Command Sgt. Maj. Lisa Piette-Edwards (front, left) visited the U.S. Army Corps of Engineers' Combat Aviation Brigade Phase 2 and Phase 1 projects sites, here (and then the Bldg. 112 renovation project on Palm Circle at Fort Shafter).**

**The Garrison leadership was escorted and provided familiarization briefs by Hoyman, senior Corps engineers and project managers.**

# Sexual assault victims have a new advocate

## Special counsel works for victim

**KRISTIN ELLIS**  
Army News Service

WASHINGTON — The U.S. military continues to expand on the progress it has made in serving the needs of thousands of sexual assault victims.

Now it's giving them a voice in the criminal investigation and prosecutorial systems.

As part of the Army's efforts to combat sexual assault in the ranks, it has developed the Special Victim Counsel Program to protect the rights of sexual assault victims.

Special victims' counsels are specially trained military attorneys, duty-bound to work for no one but the victim.

Working with a robust support system of victim advocates and victim witness liaisons, a special victims' counsel ensures that victims fully understand their rights throughout the military investigative, judicial and legal administrative processes.

"It can be difficult to prosecute sex crimes in the military because of the fear of retribution and the stress of the judicial process; it can be too long and traumatic," said Capt. Renee Darville, Northern Law Center client services chief.

"So the Army said, 'Let's give the victim an attorney. (Let's) give them a voice and agency to determine what level they want to participate in and help them feel more in control in the process.'"

According to the Department of Defense, victims must be confident that, should they report a



Photo by U.S. Army

**The Special Victim Counsel Program was developed to strengthen the support of sexual assault victims and enhance their rights within the military justice system.**

sexual assault, they will be treated fairly. Part of that fair treatment is ensuring they know and can exercise their rights.

"I am an attorney specifically for the victim," Darville said. "I have 100 percent confidentiality. I am the victim's buffer and voice. I am here to help them heal, but also by building victims' trust in the system, we hope they'll be more willing to report offenders."

Last year, the Department of Defense received a total of 6,083 reports of sexual assault for allegations involving service members, according to the fiscal year 2015 Department of Defense annual report on sexual assault in the military.

Despite a substantial increase in reporting over the past 10 years, a significant number

of sexual assaults still go unreported each year. Just 23 percent of the estimated 20,300 service member victims who indicated experiencing a sexual assault reported the crime.

Reasons for not reporting an incident of sexual assault that were cited by focus group participants included negative reactions from peers, impact on reputation and concerns for possible repercussions for collateral misconduct.

In response, the military now requires that victims reporting an assault be notified of their right to consult with a special victims' counsel and of the availability of other legal assistance. Victims must receive this explanation at the time they report a sexual assault.

In addition, no one in a vic-

tim's chain of command or the accused's chain of command may influence a special victims' counsel in providing legal support to a victim.

"Our efforts are having an impact, but there are still many hurdles to overcome," said Army Maj. Gen. Camille Nichols, director of the Department of Defense Sexual Assault Prevention and Response Office.

"Reporting the crime is essential for our ability to bring care and advocacy to survivors and hold offenders appropriately accountable."

Most respondents to the 2015 Military Investigation and Justice Experience Survey, which collected survivor feedback on the military justice process, reported that they were highly satisfied with the support they received, with 77 percent saying they would recommend other survivors come forward.

It is imperative that Army leaders and Soldiers, especially sexual assault victims, have confidence in the military justice system, the annual report said. Instilling trust and inspiring victims to report sexual offenses will assist the military in achieving the cultural change it desires.

Until then?

"(JAG) is a safe space," Darville said. "People come to legal assistance every day for all kinds of reasons, so a victim does not have to worry about disclosing why they are here. People can access me without that fear."

She added, "It is never too early or too late to reach out. I can support at any point in the process."

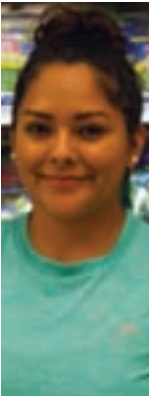
*(Editor's note: Ellis works in Chievres, Belgium.)*

# Voices of Ohana

November is National Novel Writing Month. We wondered,

**"What fictional character would you be and why?"**

By Staff Sgt. Tramel Garrett, 25th Infantry Division Public Affairs



"I would want to be Supergirl because I would be able to use super powers to help people and balance out the mundane things I do in my everyday life."

**Jessica Bartlett**  
Nursing and dental assistant



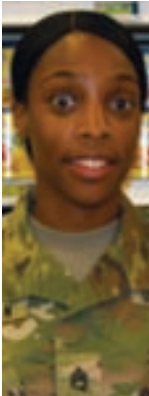
"I would be Harley Quinn because she's very free-spirited and easy-going."

**Shey Caballero**  
Customer service representative



"I grew up watching Spider-Man. It's fantastic to see how he swings from buildings. Just to be able to see how he originated and see him transition to how he is now shows a very interesting evolution in his development."

**Spc. Praksh Dhakal**  
Finance management technician  
125 Finance Mgmt. Support Unit



"I would like to be Danaerys Targaryen because she's strong and resilient. She has overcome a lot of adversity, and now she's running a kingdom, or queendom, I guess you could say."

**Staff Sgt. Dalani Earman**  
Senior paralegal NCO  
HHB, 25th DIVARTY



"I would be the Flash, because of his capabilities. Besides him being the fastest man alive, he's one of the few characters, besides Batman, who are capable of beating Superman."

**Pfc. Patrick Lockridge**  
Radio operator and maintainer,  
25th ID Replacements



# Sunset ceremony to honor veterans

**BATTLESHIP MISSOURI MEMORIAL**  
News Release

PEARL HARBOR — On Friday, Nov. 11, Veterans Day observances around the world will culminate with a special sunset ceremony held onboard the Battleship Missouri Memorial in Pearl Harbor.

This year’s ceremony, held on the battleship’s historic fantail, will honor those who have served our country with valor and heroism, and pay special tribute to the Filipino veterans of World War II.

In 1941, when the United States needed allies during the war, more than 250,000 Filipino soldiers volunteered to fight alongside American Soldiers without hesitation.

“During history’s most devastating war, young Filipino soldiers volunteered to fight valiantly under the American

**Sunset Ceremony**  
**Sen. Mazie K. Hirono to deliver keynote address. Filipino World War II veteran Domingo Los Baños to be distinguished guest speaker.**  
**Complimentary round-trip shuttle service for the ceremony will be offered from the Pearl Harbor Visitor Center beginning at 3:30 p.m.**

flag to defeat the threat of tyranny and fascism,” said Michael Carr, president and CEO of the USS Missouri Memorial Association.

“These veterans were an integral part of the United States Armed Forces, and we as a nation are forever indebted to them for their bravery and loyalty,” he said. “We are deeply honored to recognize these heroes this Veterans Day for all they have sacrificed.”

U.S. Sen. Mazie K. Hirono will deliver the keynote address.

Hirono is a member of the Senate Armed Services Committee and the

Committee on Veterans’ Affairs, and she is a champion for legislation that supports the recognition, family reunification and compensation of Filipino veterans.

Attendance to the ceremony is free and open to the public.

## Battleship Missouri Memorial

Since opening in January 1999, the Battleship Missouri Memorial has attracted more than 7 million visitors from around the world with a fascinating tour experience showcasing the USS Missouri’s unique place in history.

Located a mere ship’s length from the USS Arizona Memorial, the Mighty Mo completes a historical visitor experience that begins with the “day of infamy” and sinking of the USS Arizona in Pearl Harbor on Dec. 7, 1941, and then ends with Japan’s formal surrender aboard the USS Missouri in Tokyo Bay on Sept. 2, 1945.

The Battleship Missouri Memorial is open daily from 8 a.m. to 4 p.m. General admission, which includes a choice of an optional tour, is \$27 per adult and \$13 per child (4-12). Military, kama’aina (local resident) and school group pricing is available.

For information or reservations, call (toll-free) 1-877-644-4896 or visit USSMissouri.org.



Photo courtesy of Battleship Missouri Memorial

**PEARL HARBOR — Battleship Missouri Memorial honors Filipino veterans of World War II with a 4:30 p.m. ceremony on the fantail. Free and open to the public, Nov. 11.**

# Simple things help support veterans

**EOD WARRIOR FOUNDATION**  
News Release

NICEVILLE, Fla. — Veterans Day is Nov. 11, just around the corner.

This holiday makes for a great time to acknowledge and say thank you to those who have served in our military protecting our nation.

According to the U.S. Census Bureau, over 19 million veterans are in the United States.

Veterans have left or retired from the military, they work hard every day, and many are still in need of your support. The good news for those who want to give back is there are many simple ways to support veterans across the country.

“Our nation’s veterans deserve our gratitude and support every day. I find that, especially around Veterans Day, there are people looking for ways to help assist with the needs of our nations’ veterans,” explained Nicole Motsek, the executive director of the EOD Warrior Foundation. “Veterans are always thankful for support from their communities, and appreciate that there are people who want to assist them.”

Here are some simple ways you can help support veterans:

●**Say thank you.** It’s one of the easiest things to do. It’s free, and often it’s overlooked. Thanking a veteran for his or her service is one of the best ways you can show support and care to them, but don’t



Courtesy photo

just make it a simple thank you. Use your thank you to start a conversation around their service.

●**Pick up the tab.** If you see veterans having breakfast in a diner or ordering a donut at the bakery, why not pick up the tab for them. This simple gesture goes a long way toward putting a smile on their face and pep in their step.

●**Run or bike.** There are many running, walking and biking events around the nation each year that benefit veterans. Whether running a 5K or some other event, you can do something you enjoy while also helping veterans. Exercise and positive relationships are two very healthy ways to live our lives.

●**Host a fundraiser.** Those who like to help raise funds for veteran charities can host events like garage sales, car washes or bake sales.

●**Provide jobs.** Veterans make great employees. Helping to provide military veterans with second careers is a win-win situation for both the veteran and the employer.

●**Patronize their business.** The U.S. Census Bureau reports that 9 percent of all businesses in the country are owned and operated by veterans. Seek out those places of business and show your support.

●**Volunteer.** There are many volunteer opportunities with veterans’ charities, and all charities appreciate your or much-needed services Volunteering is good for the charity and makes you, the volunteer, feel good.

## EOD Warrior Foundation

The foundation is a nonprofit organization whose mission is to improve the quality of life for the EOD family by providing emergency financial relief, scholarship opportunities, physical, social and emotional support. It serves active duty and veteran wounded, injured or ill EOD warriors, and families of wounded and fallen EOD warriors.

To learn more about the EOD Warrior Foundation, or see the fundraising events calendar, visit the site at [www.eodwarriorfoundation.org](http://www.eodwarriorfoundation.org).

# Army makes changes to retention programs

**STAFF SGT. NATASHA STANNARD**  
Army News Service

JOINT BASE LANGLEY-EUSTIS, Va. — Career counselors are urging Army Soldiers to read the changes to the Army enlisted force retention program, re-class and initial entry requirements that took effect in 2016.

The changes not only ensure Soldiers are aligned into the fields best suited for them, but offer the most qualified Soldiers avenues for career advancement.

“The key is to re-enlist quality Soldiers to meet our purpose of fulfilling end strength to better posture the Army, maintain readiness and care for Soldiers,” said Sgt. Maj. Cielito Pascual-Jackson, U.S. Army Training and Doctrine Command (TRADOC) career counselor.

“In order to meet that mission, we need key people to understand the responsibilities in embracing and communicating this program.”

## Enlisted force retention

The Army Directive (AD 2016-19) will result in re-enlistment and career progression changes through three programs: the Bar to Continued Service Program, the Noncommissioned Officer Career Status Program and Retention Control Point System.

## Bar to Continued Service Program

Formerly known as the Bar to Re-en-

listment Program, all enlisted ranks in the active and Reserve components can be notified of punitive separation due to performance issues ranging from fitness ratings to professional development standards through the Bar to Continued Service Program.

According to Sgt.1st Class Pedro Leon, TRADOC Retention Operations Active component career counselor, Soldiers can now be barred to continue service at any rank – even if they were indefinite or career Soldiers.

Soldiers who are under the current NCO Career Status Program will not be grandfathered into the previous program. The bar will be reviewed at periods of three and six months before separation procedures begin.

Some of the key areas Soldiers should focus on to prevent bar from continued service follow (list not all-inclusive):

- Physical assessment standards,
- Staff sergeants with 36 months’ time in grade must graduate from the Advanced Leadership Course,
- Sergeant first class with 36 months’ time in grade must graduate from the Senior Leaders Course, and
- NCOs with two or more years’ time in grade and more than 18 months until their established retention control point may be denied continued service under the Qualitative Service Program, according to the program.

## Career Program and Time in Service Retention Changes

Under the new directive, the Indefinite Re-enlistment Program has changed to the NCO Career Status Program.

According to Leon, the program is similar in nature, but in an effort to align with the military’s new blended retirement system, the application date has been moved to a Soldier’s 12th year of service, rather than the 10th.

The directive also reduces retention control point levels, starting at the rank of staff sergeant, by reducing the number of years NCOs can continue to serve.

Every Soldier will have more than a year to plan his or her retirement as the implementation of the new control points will be staggered based on basic active service dates and rank.

Command sergeant major/sergeant major in nominative positions can stay past 30 years.

## Re-Class and Initial Entry Changes

When Soldiers re-class or recruits enter the Army, they will have to take an occupational physical assessment test that determines if they are able to handle the physical demands of various career fields.

According to Leon, the test will determine a Soldier’s or recruit’s fitness level. *(See the rest of this retention programs story online at [www.hawaiiarmyweekly.com](http://www.hawaiiarmyweekly.com).)*



File photo

# Veterans Day Events

The national holiday will be observed Nov. 11. The following events are happening in observance of Veterans Day.

## 5 / Saturday

**9 a.m.** — The 25th Infantry Division is participating in the Waianae Military Civilian Advisory Council’s (WMCAC) 34th annual Veterans Day Parade, Nov. 5, at 9 a.m. The parade will begin at Pokai Bay and end at the Waianae Mall. Come out and give a shaka to our Tropic Lightning Soldiers.

## 11 / Friday

**9 a.m.** — The Oahu Veterans Council will hold its Veterans Day Ceremony at 9 a.m. at the National Memorial Cemetery of the Pacific, or Punchbowl, located at 2177 Puowaina Dr., Honolulu. Maj. Gen. Mark J. O’Neil, chief of staff, U.S. Army-Pacific, will be the guest speaker.

The OVC holds this ceremony every year to honor veterans, past and present, for their dedicated service to our country. Gates will open at 6 a.m.

**10 a.m.** — The 25th ID will participate in the Wahiawa Lions Club’s, 70th annual Veterans Day Parade at 10 a.m. This event will honor our veterans, active military Soldiers, National Guardsmen, and U.S. Army Reservists for their commendable duty in preserving freedom in our nation.

The event will be held at the Wahiawa District Park. The 25th ID will participate with a marching band, vehicles and 24 Soldier marching unit.

**1 p.m.** — Gov. David Y. Ige will host the Veterans Day Ceremony at the Hawaii State Veterans Cemetery, located at 45-349 Kamehameha Hwy., Kaneohe.

The ceremony is at 1 p.m. and intended to honor and thank all who have served in the U.S. armed forces.

**4:30 p.m.** — A special Veterans Day Sunset Ceremony will be held onboard the Battleship Missouri Memorial. Senator Mazie K. Hirono will deliver the keynote address, and Filipino World War II veteran Domingo Los Baños will be a distinguished guest speaker. The ceremony will also honor Filipino veterans of World War II.

Event begins at 4:30 p.m. on the fantail. Free and open to the public. Complimentary round-trip shuttle service will be offered from the Pearl Harbor Visitor Center beginning at 3:30 p.m. Visit USSMissouri.org.

## 19 / Saturday

**8 a.m.** — Women veterans are encouraged to attend “Beyond Boots,” a Hawaii Women Veterans Conference, from 8 a.m. to 4 p.m., Saturday, Nov. 19, at the 29th Infantry Brigade Combat Team Readiness Center, which is Bldg. 29 in Kalaeloa (formerly Barbers Point Naval Air Station).

Get more details from the VA Pacific Islands Health Care System. Call (808) 433-0477.

Register at <https://www.eventbrite.com/e/save-the-date-hawaii-women-veterans-conference-2016-beyond-boots-ticket-26365686478>.

## Websites

Visit these sites for more information:

- [www.va.gov/](http://www.va.gov/) for everything you want to know about being a veteran.
- <http://wesupportvets.org/> for veterans support and advocacy.
- <http://themilitarywallet.com/> for information about deals on Veterans Day.
- <http://militarybenefits.info/> for information about benefits and more.
- <http://veteransday-2016.com/> for historical perspectives on Veterans Day.



# DA Best Warrior Competition is over, now what?

**SGT. 1ST CLASS THOMAS G. COLLINS**  
500th Military Intelligence Brigade  
Public Affairs

SCHOFIELD BARRACKS — Just over a month ago, 500th Military Intelligence Brigade’s Staff Sgt. Andrew P. Crump competed in the Department of the Army’s Best Warrior Competition (BWC) at Fort A.P. Hill, Va., Sept. 26-Oct. 3.

Supervised by Sgt. Maj. of the Army Daniel A. Dailey, the competitors there tested their knowledge and skills during urban warfare simulations, board interviews, physical fitness tests, written exams, and Warrior tasks and battle drills applicable to today’s operating environment.

The purpose of the competition was to identify the best enlisted Soldier and noncommissioned officer (NCO) in the Army.

Crump, a native of Kansas City, Kan., who serves as a signals intelligence analyst with Company A, 715th MI Battalion, was selected to represent U.S. Army Cyber Command (ARCYBR) in the competition.

To make it to the DA level competition, Crump first had to compete in and win several lower level competitions.

“Not only was he selected as the Brigade NCO of the Year, he was also selected as INSCOM (Intelligence and Security Command) and ARCYBR NCO of the Year,” said Command Sgt. Maj. Brian S. Cullen, senior enlisted adviser, 500th MI Bde.

To prepare for the rigors of competition, Crump took the challenge head on.

“I prepared for the competition by ensuring that I was maintaining a high level of physical fitness,” explained Crump. “Also, I did a lot of ruck marches and challenging physical activities outside of the gym and PRT (physical readiness training).”

According to Crump, even after all the preparation and time spent training, the DA Best Warrior Competition was harder than the other competitions.

“It was challenging,” said Crump, “much more so than previous competitions.”

His worst event, according to Crump, was the ruck march.

“The hardest event was the 12.5 mile ruck march with a 35-pound pack, plus water and weapon, in very hilly terrain,



Courtesy photos

**Staff Sgt. Andrew P. Crump, a native of Kansas City, Kan., who serves as a signals intelligence analyst with Co. A, 715th MI Bn., 500th MI Bde., traverses a rope bridge utilizing the commando crawl technique as part of a training lane during the BWC at Fort A.P. Hill, Va.**

walking on mixed hardball and gravel,” explained Crump. “It rained heavily for the entirety of the ruck march increasing the already demanding event.”

Through the trials of the competition Crump persevered and represented his unit honorably.

“I feel that Staff Sgt. Crump did an outstanding job in not only representing the brigade, but all the MI Soldiers in the Army,” said Cullen. “The competition was tough, and he showed that MI Soldiers are able to compete at that level.”

The end of the competition was bittersweet for Crump.

“I was really disappointed. It was months of work and multiple levels of competition all culminating in an extremely tough competition that I didn’t win,” explained Crump. “It was hard to watch someone else win, knowing that he performed better than I did in the competition.”

Crump continued, “Although I didn’t win, the experience gained has proven immeasurable to developing me as a Soldier and leader.”

The competition behind him, Crump has set off to conquer his next set of

challenges.

“Currently, I am studying to go to the Audie Murphy board,” he said. “I am also sponsoring a Soldier in my battalion to attend the 715th MI Battalion Soldier of the Year competition.”

In addition, Crump has been selected to attend the Warrant Officer Candidate School at Fort Rucker, Ala.

Cullen defined Crump as an NCO of the highest caliber and that he has accomplished so much while maintaining the balance between the Army and his family.

“Staff Sgt. Crump has more than proven himself,” said Cullen. “The brigade could not be more proud of his accomplishments.”



**Crump does a push-up as part of the Army physical fitness test during the BWC at Fort A.P. Hill, Va.**



# Soldier wins Marine Corps Marathon – again!

Army has won this race four times in five years

DAVID VERGUN  
Army News Service

WASHINGTON — Army Spc. Samuel Kosgei won the 41st Marine Corps Marathon, Sunday, with a time of two hours, 23 minutes and 53 seconds. Desta Beriso Morkama came in second at 2:24:29, followed by Oscar Caron Santos at 2:25:03. Perry Shoemaker of Vienna, Va., was the first female to cross the finish at 2:51:48, and Marine Corps Capt. Geophery Mills, of Nokesville, Va., won the 10K portion of the event with a time of 38:01. Arkadiusz Skrzypinski of Poland won the hand crank event with a time of 1:17:18.

### Strategy pays off

The 26.2-mile route for this year’s race began at the Pentagon, wound through Arlington, Va., and the District of Columbia, and ended near the Marine Corps War Memorial in Arlington, beside Arlington National Cemetery.

After the race, Kosgei, who won the 2014 Marine Corps Marathon, as well, said his preparation for the race included high-altitude training in Colorado Springs, Colo. But he explained that he never ran more than eight to 10 miles at a time.



Photo by Don Wagner

**Flags and patriots herald runners as they finish up the Marine Corps Marathon.**



Photo by Don Wagner

**Some much-needed water is provided on such a hot and muggy day.**

He was nonetheless unsurprised by his win, because he had visualized how he would compete and stuck to his plan. “I wasn’t focused on a record-breaking time,” he said. “I was focused just on winning and winning big for the Army.”

Kosgei said he ran at a “leisurely pace,” not expending much energy, for the first 10 or so miles. For much of the race, he stayed well behind the pack, but at about the 10-mile mark, he said, he “kicked into gear,” but not overly so, slowly passing runners one by one, while still conserving energy.

Somewhere around the 16-mile mark, he said, runners began to pass him. At that point, he was nowhere in sight of the leading runners. But that didn’t concern him, because he was sticking to his low-energy strategy, maintaining his pace and biding his time.

A few miles or so later, he said, he began to quickly pass those who had passed him earlier. The last several miles he ran elbow-to-elbow with Morkama, who hails from Ethiopia.

The final stretch of the marathon



Photo by David Vergun

**Spc. Samuel Kosgei crosses the finish at the 41st Marine Corps Marathon, Sunday, with a time of two hours, 23 minutes and 53 seconds, which placed him No. 1.**

took runners up a steep hill that ran for about a quarter of a mile. Kosgei said his strategy left him with enough energy in his reserves to take the hill. When he reached the top, near the memorial, he cut through the finish tape held by two Marines, one of them Marine Corps Commandant Gen. Robert B. Neller.

**Summer injury**

In July, Kosgei had sustained an injury to his right leg that cast some doubt on whether he would be able to compete in this race. Despite the injury, he said, his leg cramped not once. In fact, he said he was “comfortable” throughout the race. Even after completing the marathon, he said, he still had energy to spare.

Kosgei, 32, from Junction City, Kan., is a medic in the Army and is originally from Kenya. This is the second of his wins. The first was in 2014.

Soldiers have won the Marine Corps Marathon four times over the last five years. Augustus Maiyo won the 2012 marathon, and Trevor Lafontaine, the 2015 marathon.



# Self-generated power could reduce Soldiers’ load

**JANE BENSON**  
Army News Service

NATICK, Mass. — Today’s warfighters may one day find themselves knee-deep in power.

The bionic power knee harvester, also known as the PowerWalk, is an energy-harvesting device that is attached to both the upper and lower areas of both legs and generates power from movement.

The device is still in development; field trials will begin in 2017.

**Features**

The device is designed to extract the energy expended when the knee is flexed and negative work is being performed. The system adjusts to a person’s gait, so Soldiers don’t feel like they are wearing a device and can even forget that they have it on.

“Just by walking, Soldiers could generate power,” said Noel Soto, a project engineer at the Army Natick Soldier Research, Development and Engineering Center, or NSRDEC. “We are converting the movement of the knees when you walk into useful power.”



Photo by Bionic Power Inc.  
**The bionic power knee harvester (pictured here), also known as the Power-Walk, is an energy-harvesting device.**

Soldiers now carry multiple electronic devices that aid in strategy, communication and navigation, including computers, radios, mobile phones, battlefield situational displays and navigation tools – to name just a few. Being without power to run these devices could impact Soldier safety, performance and efficiency.

“The power generated by the device charges the main battery,” Soto said. “The

goal is to reduce the amount of batteries used by Soldiers, or to be able to extend the mission with the same load. We have found out through studies that Soldiers are carrying a heavy load and a lot of that weight, 16 to 20 pounds for a 72-hour mission, is due to batteries.”

Heavy loads can increase injuries as well as impact mobility. In addition to potentially lightening the load, by reducing the number of batteries needed, the energy-harvesting technology could also free up space in backpacks for other supplies, including food and water.

By wearing the device, Soldiers can generate power to recharge batteries for themselves or for others.

“The objective is to have the device weigh 1 pound and be capable of generating 3.5 watts and to have a device weighing 2 pounds able to generate 10 watts,” Soto said.

NSRDEC is working with Bionic Power Inc. of Canada on the joint-service project, which will benefit the Army and U.S. Marine Corps’ infantry. Project Manager Soldier Warrior (PM SWAR), with the addition of the Office of the Secretary of De-

fense and USMC, leads the contract.

The project comes under the Joint Infantry Company Prototype Program, which came out of the Soldier Power Generation program. NSRDEC led the original concept for energy harvesting in 2012 through a congressional effort, and PM SWAR funded the next phase, in 2014.

**NSRDEC**

The U.S. Army Natick Soldier Research, Development and Engineering Center is part of the U.S. Army Research, Development and Engineering Command (RDECOM), which has the mission to provide innovative research, development and engineering to produce capabilities that provide decisive overmatch to the Army against the complexities of the current and future operating environments in support of the joint warfighter and the nation.

RDECOM is a major subordinate command of the U.S. Army Materiel Command.



**4 / Friday**

**FS Library** — New computer furniture will be installed in the Fort Shafter Library, today, so computers will not be available for public use. Alternate libraries are Salt Lake Public, Joint Base Pearl Harbor-Hickam and Schofield’s Sgt. Yano library. All others services will remain open at FS Library.

**National Native American Heritage Month** — Observance began Nov. 1 to celebrate and recognize the accomplishments of this country’s original inhabit-

ants, explorers and settlers. Learn more; visit these sites:

- <https://www.army.mil/americanindians/?from=st>.
- [www.loc.gov/vets/stories/ex-war-nativeamericans.html](http://www.loc.gov/vets/stories/ex-war-nativeamericans.html).
- [www.bia.gov/DocumentLibrary/HeritageMonth/](http://www.bia.gov/DocumentLibrary/HeritageMonth/).
- [www.ncai.org/initiatives/native-american-heritage-month](http://www.ncai.org/initiatives/native-american-heritage-month).
- [https://www.army.mil/standto/archive\\_2016-11-01/?s\\_cid=standto](https://www.army.mil/standto/archive_2016-11-01/?s_cid=standto).

**10 / Thursday**

**Water Outage** — Will take place Nov. 10, from 7:30 a.m.-1:30 p.m., to realign water line off Signal Road. Outage will affect users in Bldgs. 1507, X1508, X1509 and X1510.

Work will take place mostly in the parking lot and island off Signal Road; however, please use caution when driving by since

heavy equipment and workers will be near the edge of the road.

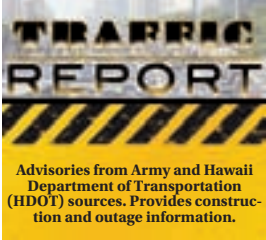
Appropriate signs and barricades will be used to block off work area prior to start of work.

**TARP** — Threat Awareness and Reporting Program briefings are held at 9 a.m.

- 2nd and 4th Thursdays, Kyser Auditorium, Tripler.
- 1st Thursday, Bldg. 1554, Fort Shafter Flats.
- 3rd Thursday, Sgt. Smith Theater, Schofield Barracks.

**15 / Tuesday**

**AFAP** — Be an agent of change! The Army Family Action Plan will run from 8 a.m. to 12 noon on Nov. 15 and Nov. 16 at the Nehelani, Schofield Barracks. Get more details about participating at [www.himwr.com/acs](http://www.himwr.com/acs).



**7 / Monday**

**Kolekole Avenue** — Lane closures for in and outbound lanes on Schofield’s Kolekole Avenue, between Devol Street and the Post Office, for Quad B barracks renovation project. Construction will be in two phases, 8 a.m.-3 p.m., finally ending Dec. 23.

**8 / Tuesday**

**Parking Lot Closure #1** — Bldg. 2096 on Schofield Barracks will get a partial parking lot closure to replace a chiller from 7 a.m.-2 p.m. The area in

front of the chiller will be blocked off for crane activities. No cars will be allowed to pass, and cars will not be allowed to exit or enter parking stalls in the affected area.

**15 / Tuesday**

**Parking Lot Closure #2** — A partial parking lot closure takes place Nov. 15 from 7 a.m.-3 p.m. near Schofield’s Bldg. 500 to replace a chiller. Eight parking stalls in front of the chiller will be blocked off for forklift activities. No cars will be allowed to park in the affected area.

**Ongoing**

**Airdrome Road** — David Boland, Inc. and Keeno Farms continue one-lane road closures

along Airdrome Road from the sewage treatment plant to the flight simulator for the installation of a new sanitary sewer lines, until Dec. 31, from 8 a.m.-3:30 p.m., weekdays.

**Schofield Road Closure** — A road closure, 8:15 a.m.-2:30 p.m., at Waianae Ave (South Corridor) between Generals Loop and Jecelin Street to resurface road and landscape work related to the Quad B barracks renovation.

Waianae (North) between Generals Loop and Jecelin Street will be designated for two-way traffic during this closure. Phases should conclude Dec. 9.

Existing traffic flow will be restored to original configuration during nonworking hours.



# Army civilian employees honored on Mighty Mo

Story and photo by  
**CHRISTINE CABALO**  
Staff Writer

HONOLULU — More than 55 Army civilians were honored for keeping U.S. Army Hawaii running smoothly during the Employee Recognition Program Awards Ceremony held Tuesday at the USS Missouri, here.

The annual ceremony honors civilian employees for their years of federal service, individual actions and group achievements to improve the community.

“Everyone here has a good attitude, always setting high marks that are set each day,” said Col. Stephen Dawson, commander, U.S. Army Garrison-Hawaii. “Your efforts are being noticed by your peers, the Soldiers and their families.”

Many recipients were honored for completing their jobs under high pressure with reduced resources as the Army continues restructuring.

Several members of the Directorate of Public Works (DPW) received awards for improvement projects, including the removal of 11.61 tons of trash from Moku-leia Army Beach in Waialua earlier this year.

Also honored for her individual effort was Kathleen Ramsden, who took on museum directing duties for both Tropic Lighting Museum at Schofield Barracks



**Members of the Housing section of DPW and the Directorate of Human Resources pose for a photo, Tuesday, after receiving a group award for their service despite manpower reductions.**

and the U.S. Army Museum in Honolulu. She received the Achievement Medal for Civilian Service.

During the ceremony, Marlene Oda received a Certificate of Appreciation for her work taking on the additional duties of the Family Advocacy Program budget administrator and government purchase cardholder. Oda, who is already a FAP specialist, said the award was recognition

of all her team’s work to meet the mission with a reduced fiscal budget.

“It’s challenging, at times, but we prioritized things,” Oda said. “We have a good team, and they helped prepare. When we did purchasing, they helped by already finding three vendors, so each item was the best value.”

Oda said she also has a billing official to oversee her work, but much of it is for

training for her staff.

“For the job we do, we need continuing education, and that requires lots of different paperwork, working with the contracting office,” Oda said. “The paperwork needs legal receipts to ensure our money is spent properly, and we can ensure we get the items we need to keep us going.”

The continued effort and contagious good feeling at work has impressed and inspired Dawson.

“I think, when the proverbial plant with buds is watered and nurtured, there comes out more goodness and more greatness,” he said.

Also included in the individual awards was the work of Rod Oshiro, who was named the Business Executive of the Year in the Pacific by Lt. Gen. Kenneth R. Dahl, commander of U.S. Army Installation Management Command. Oshiro also won excellence awards in 2009 for being selected the best manager or supervisor as engineering chief for DPW.

Dawson concluded the event by saying how much he appreciates civilian employees creating a family environment for the comfort of Soldiers and their families.

“I couldn’t be more proud to be your commander,” Dawson said. “This is the most family-oriented command I’ve been in.”

After the ceremony, awardees were treated to a free tour of the USS Missouri.

## PTA’S PISCES



Courtesy photo

**POHAKULOA TRAINING AREA, Hawaii — Rodrigo Romo, program manager for the Pacific International Space Center for Exploration Systems (PISCES), visited, here, Oct. 27.**

**He brought along some equipment, including a trailer, generator and laptop, and a production crew from Discovery Channel Canada.**

**Romo said, their purpose was to “evaluate the PISCES Rover Helelani’s surveying and mapping capabilities of a lunar analog site for future projects.”**

**The PISCES Rover Helelani is designed to handle a lunar landscape, and the closest terrestrial terrain happens to be at PTA.**

**After deploying to the test area and setting up the Control Station, Romo and his team conducted rover operations as the Discovery Channel team captured video.**

**Pictured are Mike MacClymont, Discovery Channel Canada, audio; Chelsea Blazer, producer; Romo; Chris Yoakum, PISCES, PIO; and Ross Macintosh, camera.**





Calder Atta with Creative Arts Experience paints part of a mural set up for crowds, who will draw or paint on the mural during the monthly showcase of art.

# Chinatown street fair spotlights art, culture

Story and photos by  
**CHRISTINE CABALO**  
Staff Writer

HONOLULU — Take a trip to the creative side every second Saturday for Discover Art in Chinatown.

This monthly fair offers a revolving cast of artists the chance to share their skills, while the public can find unique gifts, learn about art and relax with fun free activities for any age.

“It’s a great family day,” said Karen Kim, who makes handmade ceramic pots for her business called Pot Me Up. “It’s wonderful to have something to bring the children to for free. They can experience art, and it’s especially great because they might not be getting much art in school.”

**Special events**

Like for First Fridays, the Chinatown galleries have special events for the crowds of art lovers. The daytime event features live performances in addition to extended hours for the galleries. Artists also set up along the street, featuring their latest works or start crafting their next masterpieces.

The public is also welcome to create their own art to take home during guided activities from the Creative Art Experience and the Hawaii State Art Museum (HiSAM).

For October, HiSAM invited crowds to make art – like the famed artist Henri Matisse did in the later part of his life. When he could no longer paint, he began to make cutouts and collages to “paint with scissors.”

The activity was a natural fit for



Helen Rauer plays a game of kokane inside Louis Pohl Gallery. Staff from the Queen Liliuokalani Children’s Center provided take home instructions and boards for the public to play.

what the museum wants to offer on second Saturdays, said Susan Hogan, the museum educator at HiSAM.

“Activities need to be accessible for all ages,” she said. “(It should) be simple, with a minimum of explanation or teaching, but bringing out a maximum of creativity.”

All the activities and exhibits are within walking distance from each other. Since it’s held during the day, it also means nearby markets, restaurants and boutiques are also open.

“This is the second time we’ve come,” said Willy Ridep, with Honolulu Wood-turners. “We see a lot of people coming through. Chinatown is a popular place to come to on weekends

for the shops.”

In addition to learning about art, the monthly fair encourages social interaction between adults and children. Among the regular offerings are free ukulele lessons from Terry Koyama and games offered at the Louis Pohl Gallery.

Queen Liliuokalani Children’s Center staff also brought in the fun by teaching people about the native Hawaiian game, konane. Two players, using white and black stones, attempt to capture the most pieces or be the last player to make a legal move. A board and take home instructions were available at the gallery.

The gallery is also the site where Charlie Chong teaches free lessons for the Hawaii version of hanafuda. Chong describes how to play the game and the history behind the colorful artistic cards

that originally came from Japan.

Since he’s recently rediscovered a love for the game, Chong has also helped design a new set of hanafuda cards featuring Hawaiian names and themes.

“It’s an easy game to start and then can get complex if you want a challenge,” he said. “Kids love it. They love the pictures and are quick to catch on.”

Chong and other participating artists have said the second Saturday event is something that they want to support because they gain exposure and assist in making the neighborhood an artful, unique place.

Ridep said he’s glad to be a part of the event as the section of town has evolved.

“There are lots of places to visit to shop and eat now,” Ridep said. “It’s a better Chinatown than I knew 30 years ago.”

**DiscoverArt! in Chinatown**

Every second Saturday of the month, art galleries in Chinatown host special events and artists displaying their works.

Check out next week’s schedule from 11 a.m.-3 p.m.:

- Hawaii State Art Museum will be closed due to building renovations but back in December.
- Several galleries will be open including the Arts at Marks Garage, Louis Pohl Gallery and Pegge Hopper Gallery.
- Louis Pohl Gallery will be hosting lessons for how to play hanafuda during the event.
- Various musicians and dancers will be performing at the Arts at Marks Garage’s front lawn at 1159 Nuuanu Ave. The Creative Arts Experience will also be hosting activities and live art displays.
- South Pauahi Street from Nuuanu Avenue to Bethel Street will be blocked in for several artist displays and vendors.

For details see the upcoming events at [www.artsatmarks.com/calendar/](http://www.artsatmarks.com/calendar/).




Stuart Kimura plays ukulele outside of The Arts at Marks Garage during the October DiscoverArt Chinatown. The event is held every second Saturday of the month.



Kealoha Wong and his 4-year-old son Liko play with the art blocks and other interactive displays available at the Hawaii State Art Museum. The museum hosts free art activities for DiscoverArt Chinatown.





## Briefs

### 4 / Friday

**Family Child Care** — Interested in running your own child care business? Come to the new applicant brief from 9-11 a.m. at the SB FCC Office, 730 Leilehua Ave., Bldg. 645. Call 655-8373.

**10 Steps to a Federal Job** — Need help with your federal resume? Come learn about the “10 Steps to a Federal Job” at SB ACS from 9 a.m.-noon. Call 655-4227.

**Acing the Interview** — Prepare to answer the tough interview questions and practice with a mock interview at SB ACS from 10-11 a.m. Call 655-4227.

**Command Golf Scramble** — Check in between 10-11:30 a.m. at Leilehua Golf Course. For \$50/person, get 18-hole green fee, cart fee, free driving range balls, door prizes, flight prizes, pupus and two Mulligans. Shotgun start at noon. Event-day registration available, unless sold out. To register, call 655-4653.

**Buck-a-Burger Night** — Buy a burger for \$1 at FS Mulligan’s from 3:30-8 p.m. Call 438-1974.

**Magic the Gathering** — Bring your cards, friends and join SB Tropics every Friday night at 6 p.m. Call 655-5698.


**Leilehua Concert Series** — Monthly concert with local entertainers at Leilehua Golf Course, 5 p.m. This month features Mark Yamanaka. No cover charge. Call 655-7131.

**Paint and Sip** — Grab a glass, an apron and a seat in the SB Tropics Ono Room, Bldg. 589, Foote Avenue, at 7 p.m. A local artist will instruct you through an original piece of art. All materials are supplied. All skill levels welcome. Includes two hours of instruction for \$35/person, which is nonrefundable. To register, call 655-4202.

**5 / Saturday**  
**Adventure Stand-up Paddleboard 101** — Learn the art of stand-up paddleboarding for \$59 with SB Outdoor Recreation, 435 Ulrich Way, Bldg. 2110, from 8:30 a.m.-12:30 p.m. Transportation (up to 12 people), equipment and instruction provided. Personal flotation devices are required. Bring water, snacks and sunscreen. To sign-up, call 655-0143.

**Painting on Stretched Canvases** — Learn to paint an acrylic painting from


## ARMY FAMILY ACTION PLAN



### Be an Agent of Change!

#### ARMY FAMILY ACTION PLAN



Do you want to Be an Agent of Change?



We're still looking for delegates, facilitators, recorder/transcriber, and issue support volunteers to assist in the AFAP process!  
Find out more at: [www.himwr.com/acs](http://www.himwr.com/acs)

Training Dates  
(Location: ACS, Bldg 2091, Schofield Barracks)  
Delegates: 3 Nov, 2:00 p.m.—3:30 p.m. & 4 Nov, 8:00 a.m.—9:30 a.m.  
PRTTs: 4 Nov, 10:00 a.m.—11:30 a.m. & 4 Nov, 2:00 p.m.—3:30 p.m.

**November 15 & 16, 2016**  
**8:00 a.m. – 12:00 p.m.**  
Nehelani Conference & Banquet Center  
1249 Kolekole Ave., Schofield Barracks



Courtesy graphic

**SCHOFIELD BARRACKS** — Volunteers are needed for the upcoming **Army Family Action Plan** process. Training sessions are being conducted today at **Army Community Service**, here. Call 655-4227 for information, and make a difference.

6-9 p.m. for \$25 at SB Arts & Crafts; one canvas per family. Additional canvases available for an extra cost. Call 655-4202.

**Remote Control Boat Regatta** — Sail your remote control boat at SB Richardson Pool from 9 a.m.-noon. Standard entry fees apply. No gas powered boats. Call 655-9698.

**Slam the Door Open Mic Night** — Every Saturday at 7 p.m., SB Tropics enjoys a night of poetry, short fiction readings, acoustic music performances, dance crews, magicians and rap – or tell a joke. To perform or sign-up, call 655-5698.

**6 / Sunday**  
**NFL Sunday Ticket at Tropics** — Every Sunday at SB Tropics, Bldg. 589, Foote Avenue. Watch your favorite teams go head to head. Doors open 30 minutes before the first game. Be sure to check out the Sunday breakfast menu. Call 655-5698.

**Sunday Brunch** — Enjoy Sunday Brunch Buffet at the FS Hale Ikena, Bldg. 711, Morton Drive, from 10 a.m.-1 p.m. for \$24.95/person. Reservations encour-

aged. Call 438-1974.

**7 / Monday**  
**Make Your Own Sundae Monday** — The dessert station at the FS Hale Ikena’s Grand Buffet will offer you the chance to build your own ice cream sundae, so make room for dessert at the same grand price of \$14.95 for the Grand Buffet. Call 438-1974.

**Mongolian BBQ** — Choose your own vegetables and meats for a delicious stir-fry. Get barbecue on Mondays at SB KoleKole Bar & Grill, 1249 KoleKole Ave., from 5-8 p.m. Call 655-4466.

**Pau Hana Social** — SB Kolekole Bar & Grill offers end of workday food and drink specials, 5-7 p.m., Mondays, Tuesdays, Wednesdays and Fridays; plus 4-6 p.m., Thursdays.

**8 / Tuesday**  
**Election Day** — All Hawaii public schools are closed. Call 655-8326

**Resiliency through Art** — This program focuses on self-expression through art in a small group setting at the SB Arts

& Crafts Center every Tuesday from 9:30-11:30 a.m. Call 655-4202, as registration is required.

**Chess at SB Tropics** — Play chess every Tuesday at 11 a.m. and take part in one-on-one and team challenges. Interested in forming a team? Call 655-5698.

**Anger & Conflict Solutions** — Prevention program for individuals to learn the basics of anger awareness from noon-1 p.m. at SB ACS. The class will help participants identify their own personal anger cues and ways to de-escalate conflict situations.

**Taco Tuesday Night** — Every Tuesday come to the SB Kolekole Bar & Grill for Taco Tuesday Night. Enjoy three tacos, rice and beans for only \$4.99/person from 5-8 p.m. Call 655-4466.

**9 / Wednesday**  
**Ceramic Turkeys** — Paint and glaze a ceramic turkey during normal business hours at SB Arts & Crafts Center from Nov. 2-16. Prices vary by size (\$5-\$20). Visit at 919 Humphreys Road. Call 655-4202.

**Preschool Story Time** — Attend every Wednesday for stories, songs, dancing and a craft at 10 a.m. at SB Sgt. Yano Library. Call 655-8002.

**SAFER Group** — This discreet group meets weekly to explore issues such as self-esteem, self-care, safety planning and understanding abuse at SB ACS from 9 a.m.-10:15 a.m. Call 655-4227 to register.

**Teen Manga Club** — At Sgt. Yano Library, discuss popular manga titles and anime titles. This month’s theme will be “Accessories for Cosplay” and begins at 3:30 p.m. Call 655-8002.

**Autumn Corn Craft** — Make a craft using Indian corn and pony beads at FS library at 3:30 p.m. Call 438-9521.

**Pokemon Origami** — Learn to make origami at SB Tropics, 6 p.m. This event is free for participants 18 and over. Call 655-5698.

**BOSS** — Life skills for USARPAC and USAG-Hawaii. To sign up, call 655-1130.

**Keiki Night** — Every Wednesday is Keiki Night at the SB Kolekole Bar & Grill. Kids under 10 eat for only \$2.99 from the kids menu from 5-8 p.m. Call 655-4466.

**Coloring for Adults** — Held at SB Arts & Crafts Center from 6:15-7:30 p.m. Coloring sheets and colored pencils are provided, as well as tea and cookies at 6:15 p.m. Call 655-8002.

**10 / Thursday**  
**Book Talk at the Tropics** — See if you can convince others to read your

See MWR BRIEFS B-5

## community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

**4 / Friday**  
**Garth Brooks Concert Tickets** — An additional Thursday show with superstars Garth Brooks and special guest Trisha Yearwood, in support of the 75th Commemoration of the Attack on Pearl Harbor, is added for 8 p.m., Dec. 8 in addition to Dec. 9-10 performances at the NBC Arena, so purchase tickets now.

Tickets can only be purchased at [ticketmaster.com](http://ticketmaster.com/garthbrooks)/garthbrooks or ticketmaster.com or either Ticketmaster Express 1-866-448-7849 or 1-800-745-3000 with a limit of eight tickets per purchase. All tickets will cost \$69, plus a \$6.25 service fee.

**Sting** — Composer, singer, actor, author and activist performs at the Blaisdell Arena, 8 p.m. Tickets run \$65-\$225 at [livenation.com](http://livenation.com). Visit [www.sting.com](http://www.sting.com).

**Comedian Ron White** — Blue Collar Comedy Tour star “Tater Salad” White takes the stage at the Blaisdell Concert Hall, 8 p.m. Tickets begin at \$35.

**5 / Saturday**  
**Hiking** — The Kolekole Walking-Hiking Trail on Schofield Barracks is closed this weekend, Saturday and Sunday, due to live-fire training.

**Taste of Waipahu** — Waipahu Community Association hosts its 11th annual free event, 4-10 p.m., at August Ahrens Elementary School, Tucker Field. A wide variety of food vendors, crafts, keiki rides and games available. Visit [www.wcawaipahu.org](http://www.wcawaipahu.org).

**Peter Cetera in Concert** — Grammy award winner singer/songwriter starred first for the legendary rock group “Chicago,” then as a solo artist, performs at the NBC Concert Hall, 7 p.m., in the final stop of his 20-date North American tour. Visit [ticketmaster.com](http://ticketmaster.com).

**8 / Tuesday**  
**Ringo Starr** — Beatles legend and his all-star band perform for the first time in Hawaii at the Blaisdell Arena, 7:30 p.m. Tickets begin at \$59.50 at [ticketmaster.com](http://ticketmaster.com).

**Family Night** — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel. This broad-ranging Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is

provided. Call AMR Chapel at 839-4319.

Schofield Family Night is held Wednesdays at 5:30 p.m.

**Kuhio Beach Hula Show** — This free show, sponsored by the City and County of Honolulu, showcases culturally significant hula. Shows run 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

**11 / Friday**  
**Veterans Day Sunset Ceremony** — Battleship Missouri Memorial honors Filipino veterans of World War II with a 4:30 p.m. ceremony on the fantail. Free and open to the public. Keynote speaker is U.S. Sen. Mazie Hirono.

Complimentary round-trip shuttle service will be offered from the Pearl Harbor Visitor Center. Visit [USSMissouri.org](http://USSMissouri.org).

**12 / Saturday**  
**Peter and the Wolf** — Hawaii Symphony Orchestra performs this Ohana Youth Concert at the Blaisdell Concert Hall, 10 a.m. This story in music, with narrator and orchestra, has been introducing children to the symphony for generations. Tickets are \$10 for children, \$20 for adults, with

educational and entertaining activities at 9:30 a.m.

**Moonlight Paddling** — Turtle Bay Resort has launched a brand-new Full Moon Paddle within the calm waters of protected Kawela Bay on a one-hour tour around Kawela Bay on a stand-up paddleboard, Nov. 12 and Dec. 11. Following the tour, guests will return to a roaring bonfire and heavy pupu. Also offered are outrigger canoe 30-minute rides. Price is \$80/person for stand-up and \$70/person for outrigger canoe. Call (808) 293-6020.

**Bodybuilding** — Paradise Cup championships and expo includes numerous divisions, beginning at 4 p.m., at the Blaisdell Arena. Visit [paradisecup.com](http://paradisecup.com). Prejudging event runs from 8 a.m.-noon.

**19 / Saturday**  
**Mayor’s Annual Craft & Country Fair** — Free craft fair at the NBC Exhibition Hall, 9 a.m.-2 p.m., features cookies, jam and jellies and pickled vegetable contests. Parks and Recreation open house features country fair activities, a people’s open market, flu shots and drug Take Back Program.

Bring a canned good for the Hawaii Food Bank. Honolulu Lions Club will be collecting used eyeglasses and hearing aids for repair and distribution. Call 973-7258.

## This Week at the MOVIES



**Miss Peregrine’s Home for Peculiar Children (PG-13)**

Fri., Nov. 4, 7 p.m.  
Sun. Nov. 6, 5 p.m.

**Storks (PG)**

Sat., Nov. 5, 4 p.m.



**The Magnificent Seven (PG-13)**

Sat. Nov. 5, 7 p.m.

(Closed Monday through Thursday.)

Calendar abbreviations			
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	FMWR: Family and Morale, Welfare and Recreation	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group	TAMC: Tripler Army Medical Center
ACS: Army Community Service	BSB: Brigade Support Battalion	FS: Fort Shafter	USAG-HI: U.S. Army Garrison-Hawaii
AFAP: Army Family Action Plan	Co.: Company	HMR: Helemano Military Reservation	USARPAC: U.S. Army-Pacific
AFTB: Army Family Team Building	CYSS: Child, Youth and School Services	IPC: Island Palm Communities	WAAF: Wheeler Army Airfield
AMR: Aliamanu Military Reservation	EEFP: Exceptional Family Member Program	PPC: Physical Fitness Center	
	FCC: Family Child Care	SB: Schofield Barracks	



LEADERSHIP CHALLENGE



Prince David Kawanakoa Middle School students navigate obstacles as a team through an Leadership Reaction Course, Oct. 28.

The LRC is an obstacle course that challenges the mental and physical strengths of all participants while teaching teams to work together to navigate through each obstacle.

Since 2012, the Hawaii Army National Guard has collaborated with President Theodore Roosevelt High School Junior Reserve Officer Training Corps and Kawanakoa Middle School faculty to host this event.



Photos by Sgt. 1st Class Theresa Gualdarama, 117th Mobile Public Affairs Detachment  
SCHOFIELD BARRACKS — Sgt. 1st. Class John Paul Jones, Hawaii Army National Guard recruiting and retention noncommissioned officer, mentors Prince David Kawanakoa Middle School students while navigating as a team through an obstacle course at the Schofield Barracks Leadership Reaction Course, Oct. 28.



Left — With the guidance of Staff Sgt. Kiley Neves, Hawaii Army National Guard recruiting and retention drill sergeant, students of Prince David Kawanakoa Middle School navigate as a team through an obstacle course at the Schofield Barracks Leadership Reaction Course, Oct. 28.

325th Mustangs have a ‘blast’ with local students

Story and photo by  
**STAFF SGT. ARMANDO R. LIMON**  
3rd Brigade Combat Team Public Affairs  
25th Infantry Division

WAHIAWA — Soldiers assigned to the 325th Brigade Support Battalion, “Mustangs,” 3rd Brigade Combat Team, 25th Infantry Division, met and spoke with fourth grade students at Wahiawa Elementary School, here, Oct. 19.

The 325th BSB and Wahiawa Elementary are part of an established partnership between the two entities known as the “Partnership of Ohana.”

**Talk story**

Each year, the Mustangs and the school conduct several events to bridge the civilian-military divide, to give a chance for Soldiers and school children to interact with each other, and to conduct community service.

“I talked about my experience in the military as far as my career, what basic training is like and any questions (they had) for me after that,” said Staff Sgt. Christopher Rivera, a behavioral health specialist assigned to Company C, 325th BSB.

“I have a kid myself, and I was always concerned whether or not they would have a good role model growing up, so I always wanted to better myself,” Rivera said. “I always wanted to be a good role model for all kids.”

Rivera explained to the students briefly what he did as a behavioral health



Staff Sgt. Christopher Rivera, behavioral health specialist assigned to Co. C, 325th BSB, 3rd BCT, 25th ID, speaks to a fourth grade class at Wahiawa Elementary School. Rivera is part of the “Meet a Soldier” program to talk about the U.S. Army.

specialist and answered several questions about his military experiences.

One of the students asked Rivera if it was scary being in the Army.

“The Army is not a scary place,” he answered. “For the most part, you rely on your team to get through some of those tough moments.”

He also answered student questions about his time overseas and about his combat experiences in Afghanistan.

Staff Sgt. Brian McCord, a weapons repairer assigned to Co. B, 325th BSB,

is similar to the Army’s morning physical fitness training.

A student in the class asked him about drill sergeants during Army basic training.

“What they teach you is discipline,” he said. “It’s like organized camping, marching and using weapons.”

He went on to explain to the students how a Soldier overcomes his or her fears during training.

“The first time I went up in a helicopter ... I was so scared,” he said. “I thought nobody can see this big guy cry. I was tough about it and got used to it.”

McCord engaged the students about how – by getting a few students standing up in a line – a Soldier would handle basic training, get chow in a dining facility and sit and stand in unison when a drill sergeant may command it.

The students giggled and seemed to enjoy this type of easy-to-understand interaction.

Both the Soldiers and Wahiawa Elementary students had a blast during their time together and plan to continue with monthly events throughout the remainder of the year.

McCord stated he loved talking to the students and sharing his experiences afterwards.

“You see their minds start wandering, and they want to ask a lot of questions, so you just let them,” McCord said. “You keep opening the door for them, and the more they get interested, the more likely they are to come into the military.”

Old Uncle Sam said there is a point to finger-pointing

Everyone should vote because it’s a civic duty

Ironically, one of our smallest, weakest body parts, the finger, often wields the most power.

That one diminutive digit can instill fear, anxiety, surprise, guilt or joy.

Fingers identify winners, fingers pull triggers and fingers place blame.

If I only had a dollar for every time my father pointed a calloused finger in my direction and bellowed, “You’re grounded!” I’d have enough for a decent manicure.

During the current presidential campaign season, there has certainly been a lot of finger-pointing going on. But one finger has been aimed at us long before our current political candidates were in the news.

**History lesson**

We all know the iconic image of goateed, top-hatted Uncle Sam, staring us down, sending us on the ultimate guilt trip. For more than a century, this patriotic personification of our government has been used for one specific purpose: to tell us to do something for our country.

U.S. service members know Uncle Sam all too well, because his image has been bound inextricably to the draft, enlistment, patriotism and military service.

Military history geeks might be interested to know that Uncle Sam’s



origins are not fully understood. The name appears in one version of the lyrics of the Revolutionary War ditty “Yankee Doodle”:

*Old Uncle Sam come there to change  
Some pancakes and some onions,  
For 'lasses cakes, to carry home  
To give his wife and young ones.*

No one is quite sure if Yankee Doodle’s pancake-slinging uncle is our own patriotically bedazzled Sam. But during the War of 1812, Samuel Wilson, a meat-packer from Troy, New York, became forever linked with the personification.

As the government-appointed meat inspector for the Northern Army, Wilson was nicknamed

Uncle Sam by the troops, because his barrels of inspected meat were stamped with the initials “U.S.”

Despite the tenuous connection between Wilson and the iconic character, in 1961, the U.S. Congress resolved that it “salutes Uncle Sam Wilson of Troy, New York, as the progenitor of America’s National symbol of Uncle Sam.”

Two American editorial cartoonists helped to popularize illustrations of Uncle Sam: Thomas Nast (1840-1902), who featured a long, lean Sam with a white top hat, blue tailcoat and red-striped pants in *Harper’s Bazaar*; and James Montgomery Flagg (1877-1960), whose most famous work was the World War I poster of finger-pointing Uncle Sam proclaiming “I Want You for U.S. Army.”

Flagg’s recruiting poster was printed over four million times, and his famous portrayal of Uncle Sam has been used to call people, to shovel coal, to enlist, to buy war bonds, to work hard, to not discuss troop movements, to become a nurse or a stenographer, to plant a victory garden, to defend American freedom and to volunteer.

This month, Uncle Sam is popping up again, online and in print,

telling us that it is our civic duty to vote. Many of you stationed overseas sent in your absentee ballots weeks ago, and others are gearing up for Nov. 8th.

This campaign season has been so epic, many are commemorating the event by throwing election-themed parties. For example, Pinterest offers inspiration, from donkey and elephant Jell-O shots to election selfie props to Uncle Sam saying “I Want You to Come to a Party!” invitations.

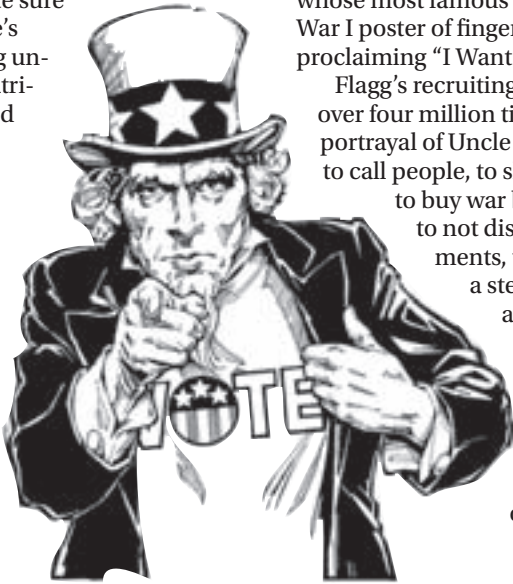
Rachael Ray’s online magazine has a recipe for “Campaign Trail Mix” and advises party planners to use a curtain to create a voting booth around the bar, inviting guests to go in and “booze up liberally or conservatively.”

At [www.urbanblisslife.com](http://www.urbanblisslife.com), one can download a printable Election Day map for the kids to color with blue and red crayons as the results are declared.

With the extreme negativity of this presidential campaign, it’s no wonder we all want to have a little fun. But we mustn’t forget about that famous finger. Not the foam one at the football game, or the angry one flipped by the driver in the passing Prius, or the one your husband tells you to pull with a devilish grin, or the tiny one your toddler uses to explore her nostrils.


You know the one. So, let’s all heed old Uncle Sam’s advice. Do our civic duty. Vote on Nov. 8th.

(More Molinari insights can be found at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)





# Exchange offers Veterans Day ‘thank you’ savings



**ARMY & AIR FORCE  
EXCHANGE SERVICE**  
Public Affairs

DALLAS — The Army & Air Force Exchange Service is extending a special thanks to military families this Veterans Day by slashing prices on the holiday season’s hottest gift items.

Starting Nov. 11, the Exchange will offer exclusive savings on select TVs, apparel, handbags, appliances and computers.

Prices are effective through Nov. 17, while supplies last.

Shoppers seeking high-demand, deep-discount products are encouraged to arrive early, 8 a.m., on Nov. 11 to ensure their place in line for the hottest holiday items.

**Early Black Friday**  
“The Exchange deeply values the selfless contribution of our nation’s veterans,” said

retired Army Col. Thomas Ockenfels, the Exchange’s director of staff. “Bringing Black Friday-caliber deals to military families on Veterans Day is just another way for us to honor the sacrifices of those who give so much to protect our country.”

Veterans Day shoppers will also receive “bounce back coupons” on Nov. 11 and 12, offering cash discounts on in-store purchases made Nov. 15 through 19.

Additionally, Military Star cardholders will earn double points Nov. 11. Plus, the Exchange will offer several food court, mall and Express deals on Veterans Day:

- 15 percent off any food purchase using a Military Star card;
- Free gourmet fries with any sub and drink at Charleys Grilled Subs;
- Free tall, hot brewed coffee for veterans, active duty and spouses from the Express and Exchange restaurants; and

- \$10 off any concession or kiosk purchase of \$25 or more with a Military Star card.

**Popeyes special**  
Nov. 10, all Exchange Popeyes locations will offer an eight-piece mixed bone-in chicken or eight-piece tenders meal for \$5.99 in the continental United States, Hawaii, Puerto Rico and Alaska.

Veterans Day sale items will also be available at [shopmyexchange.com](http://shopmyexchange.com) starting Nov. 11.

Shoppers can get a sneak peek of items and pricing starting Nov. 4 by logging on to [shopmyexchange.com](http://shopmyexchange.com), downloading the Exchange EXTRA mobile app or picking up the Veterans Day Sale flyer at their local Exchange.

One hundred percent of Exchange dividends go to military quality of life programs. The Exchange has contributed \$2.4 billion of its earnings to such programs over the past 10 years.

# Yes, find divine presence through riding a wave

**CHAPLAIN (MAJ.) JOHN GRAUER**  
Integrated Religious Support Team

**SCHOFIELD BARRACKS** — In an article entitled the “Origins of Surfing,” Captain James Cook describes how a Tahitian caught waves with his outrigger canoe just for the fun of it.

He said, “I saw a man paddling in a small canoe, so quickly, and looking about him with such eagerness of each side. He then sat motionless and was carried along at the same swift rate as the wave, till it landed him upon the beach.”

There is a certain sense of the “awe” about being situated in the warm tropical waters off Oahu waiting for a wave. I mean any kind of wave.

Some people would say that surfing is a sport; others contend it’s a religion. Perhaps, they are both accurate.

Surfing has this mystical side to it, and I think it has something to do with the beauty of nature while sitting in the middle of the ocean on a board.

Tom Blake, a legend in the surfing community, who died in 1994, contributed much to the debate of surfing and religion. In his writing, “The Voice of the Wave,” Blake came to the



Grauer

conclusion of spirituality by studying the sport’s cultural roots in ancient Polynesia. He often looked at the belief in God and nature as being equal.

Within the context of Psalm 24:1-2. God claims earth and everything in it.

God claims the world and all who live on it. He built it on ocean foundations, laid it out on river girders.

One of the most prominent themes in the Bible is God as creator of heaven and earth.

For some people, this equation might resonate with a surfer who comes from a traditional religious background, such as a Protestant and/or Catholic who believe the sport of surfing supplements their activity as more than a sport, but an avenue to experience God in a deeper way.

Christian Mondor, a 91-year Catholic



Photo courtesy of Chaplain John Grauer

priest, bought himself a surfboard for his 70th birthday, having never surfed before. Now, in his late 90s, Mondor’s community in Huntington Beach, Calif., refer to him as “The Surfing Priest.”

The Diocese that Mondor serves looked at this surfing activity as a way to reach out to those who surf, swim and have a love for the water. Today, over 2,000 people attend the Blessing of the Wave’s ceremony that brings people of many faiths and traditions together.

Water is one of the great images of life. For a person of faith, water means purity; it can also mean cleansing. It’s a



*Footsteps in Faith*

symbol of God’s presence.

Water, as a “symbol of God’s presence,” is perhaps never more acutely felt than from a board in the middle of the ocean, surrounded by waves. It is from that place of stillness that the spiritual core of surfing arises.

Surfing has a spiritual side. It’s a time of meditation, before each set of waves. There is a time to be thankful and know that God is near me. In the middle of the ocean, when I am sitting on a board, I can sense God, and that is an “awe” experience.

*(Editor’s note: Grauer is the Operations and Training chaplain.)*



Additional religious services, children’s programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil).  
(Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel  
FD: Fort DeRussy Chapel  
HMR: Helemano Chapel  
MPC: Main Post Chapel, Schofield Barracks  
PH: Aloha Jewish Chapel, Pearl Harbor  
SC: Soldiers’ Chapel, Schofield Barracks  
TAMC: Tripler Army Medical Center Chapel  
WAAF: Wheeler Army Airfield Chapel

**Buddhist Services**  
• First Sunday, 1 p.m. at FD

• Last Wednesday, 6 p.m. at MPC

**Catholic Mass**  
• Monday, Tuesday, Thursday and Friday, 11:45 a.m. at Soldiers’ Chapel  
• Tuesday, 7 p.m. at AMR  
• Wednesday 11:45 and 5 p.m. at MPC  
• Thursday, 9 a.m. at AMR  
• Saturday, 5 p.m. at WAAF  
• Sunday services:  
- 8:30 a.m. at AMR  
- 10:30 a.m. at MPC

**Gospel Worship**  
• Sunday, noon. at MPC

• Sunday, 12:30 p.m. at AMR  
Jewish Shabbat (Sabbath)  
•Friday, 7:30 p.m. at PH  
(Call 473-3971)

**Protestant Worship**  
• Sunday Services  
-9 a.m. at MPC  
-9 a.m. at FD  
-10 a.m. at HMR and WAAF  
-10:30 a.m. at AMR  
-11 a.m. at WAAF (Contemporary)

**Liturgical (Lutheran/Anglican)**  
• Sunday, 9:27 a.m. at SC



# Tripler offers new lung cancer screening access

**WILLIAM SALLETT**  
Tripler Army Medical Center

HONOLULU — November is Lung Cancer Awareness Month.

To mark this occasion, Tripler Army Medical Center, or TAMC, is expanding its formal program and now allowing patients the opportunity to go directly to the Pulmonary Clinic to be screened early for lung cancer.

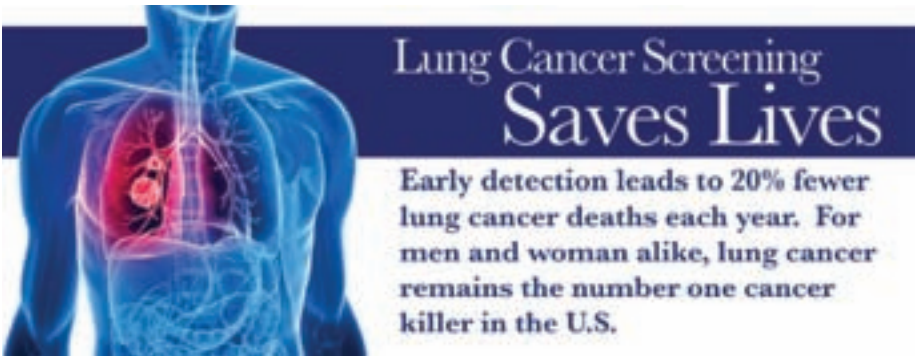
According to the American Cancer Society, lung cancer is the No. 1 killer of men and women in America. More than 225,000 people are diagnosed with lung cancer each year. However, until recently, there was no effective process for screening patients for early signs of lung cancer.

Many patients who have lung cancer show very few, if any, symptoms. When symptoms are present, the most common include shortness of breath, coughing, coughing blood, loss of appetite and weight, fatigue and weakness.

**Early screeners**

Since 2014 many patients have benefited from early screening.

“I smoked since I was 17,” said Rita Yamaki, a 76-year-old patient of the Pulmonary Clinic and a lung cancer sur-



Courtesy photo

**Many patients with lung cancer show very few, if any, symptoms. November is Lung Cancer Awareness Month and to mark the occasion TAMC is expanding its cancer-screening program to allow direct patient access.**

vivor. “I went through the early screening and couldn’t be happier that I did. The tests showed a small amount of cancer, and the doctors were able to take care of it without me having to go through radiation or chemotherapy.”

“Rita is a prime example of why early screening is so important,” said Dr. Donald Helman, chief, TAMC Pulmonary Clinic. “Lung cancer is a devastating, deadly disease that affects too many people in our community. It’s the No. 1 cancer killer in America, causing more

deaths, every year, than breast, prostate and colon cancers combined.

“Unfortunately,” he said, “most lung cancers are diagnosed at a late stage, when they are difficult to treat and nearly impossible to cure.”

The program includes a counseling session with a TAMC nurse navigator, an annual Computed Tomography, or CT scan of the chest, if you are eligible and interested, and access to the most comprehensive pulmonary services in Hawaii.

“This truly is a comprehensive screening,” said Helman. “It can detect lung cancers at earlier, treatable and even curable stages and can save lives.”

Certain criteria outline the eligibility for patients who are interested in screening, but because there are many risk factors that are associated with lung cancer, the criteria are not strictly limited to age or smoking habits.

“If you or a loved one smoke, or used to smoke, are 55-80 years old, and smoked a pack a day for 30 years, or an equivalent amount, please consider lung cancer screening,” said Helman. “It could save your life.”

**Screening Options**

If you are interested in early screening or would like more information on lung cancer, please make an appointment through your primary care manager at (808) 433-2778.

Visit <https://www.tamc.amedd.army.mil/offices/Pulmonary/> or stop by the TAMC Pulmonary Clinic and speak with a staff member.



**CONTINUED FROM B-2**

favorite reads or be convinced by others to read something new, 6-7:30 p.m., at SB Tropics, Foote Avenue, Bldg. 589. Snacks will be provided. Bring a friend. Call 655-5698.

**Mom & Tots** — Attend at the SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. For a mom/parent/guardian to enjoy mixed media crafting at \$5 from 10-11 a.m. Call 655-4202.

**Wing Night at Mulligan’s** — Every Thursday night on FS from 3:30-8 p.m. Get 10 wings for \$3, 20 wings for \$5.

**Thirsty Thursdays at the Hangar** — Every Thursday enjoy 75-cent wings and draft specials from 4:30-8 p.m. Call 656-1745.

**Texas Hold’em Poker** — Sign up Thursdays at SB Tropics by 6 p.m. for a night of cards, drinks and food. Cost is \$10, with the chance to win Exchange gift cards. Newly renovated SB Tropics is located at Foote Avenue, Bldg. 589. Call 655-5698.

**9-Ball Pool Tournament at Tropics** — Join us every Thursday at 6 p.m. for a 9-ball single elimination and sudden death tournament at SB Tropics. Call 655-5698.


**11 / Friday Veterans Day** — All Hawaii public schools are closed. Call 655-8326.

**Buck a Burger Night** — Enjoy a \$1 burger at FS Mulligan’s from 3:30-8 p.m.

**Steak House Day** — FS Hale Ikena features a fresh grilled steak and a potato bar at \$14.95, from 11 a.m.-2 p.m. Call 438-1974.

**12 / Saturday Ocean Splash** — Learn how to ocean canoe, kayak and stand-up paddleboard for one low price of \$59/person with Outdoor Recreation from 8:30 a.m.-12:30 p.m. Call 655-0143.


**18 / Friday Kellie Pickler Live!** — Former American Idol alumna and country music artist Kellie Pickler performs free at 6 p.m. on SB Weyend Field. Open to DoD ID cardholders and their guests. Call 655-0113.



Tobacco use can lead to nicotine/tobacco dependence and serious health problems. Quitting smoking has immediate, as well as long-term benefits for you and your loved ones.

Take a few minutes to make the decision to be smoke-free. By stopping this habit, your health benefits from the following:

- Lowered risk for lung cancer and many other types of cancer.
- Reduced risk for heart disease, stroke and peripheral vascular disease.
- Reduced heart disease risk within one to two years of quitting.
- Reduced respiratory symptoms, such as coughing, wheez-



Courtesy photo

ing and shortness of breath.

- Reduced risk of developing chronic obstructive pulmonary disease, or COPD, one of the leading causes of death in the United States.
- Reduced risk for infertility in women of reproductive age. Women who stop smoking during pregnancy also reduce their risk of having a low birth weight baby. There is also less risk that the baby will be born too early.